

# School within School Menu\*

## SWS @ Goding

**For the weeks of:**

**Week 1**

April 19th - April 25th

May 3rd - May 9th

May 17th - May 23rd

May 31st - June 6th

June 14th - June 20th

June 28th -

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
BREAKFAST													
Breakfast	Assorted Cereal/ Whole Grain Graham Crackers/ Pineapple Tidbits	Whole Grain Plain Bagel w/ Cream Cheese/Diced Peaches	Fruit & Yogurt Parfait w/ Granola/Fresh Apple Slices	Whole Grain Apple Muffin/Fresh Banana/100% Apple Juice	Whole Grain Plain Bagel w/ Cream Cheese/ Mandarin Oranges	Assorted Cereals w/ Whole Grain Graham Crackers / Assorted Fruits	Assorted Muffins/ Assorted Fruits						
	Milk							Nonfat or 1% White Milk					
LUNCH													
Speciality Entrée	Turkey Ham & Cheese w/Tortilla Chips	Chicken Salad Sandwich	Chef Salad Wrap	Chicken Dipper Salad w/ Tortilla Chips	BBQ Chicken Sandwich	Sunbutter & Jelly Sandwich	Southwest Chicken Sandwich						
Vegetarian Entrée	Vegan Southwest Wrap w/ Tortilla Chips VE	Sunbutter & Jelly Sandwich VE	Mediterranean Hummus Wrap VE	Hearty Garden Salad w/ Tortilla Chips V	Southwest Pinto Bean Wrap VE	Asian Hummus Wrap VE	Egg Salad Sandwich V						
Available Vegetable	Baby Carrots w/ Dip	Broccoli Florets w/ Dip	Celery Sticks w/ Dip	Cucumber Coins w/ Dip	Garden Side Salad w/ Dressing	Assorted Vegetables w/ Dip	Assorted Vegetables w/ Dip						
Available Fruit	Diced Pears	Fresh Apple	Fresh Orange	Pineapple Tidbits	Banana	Assorted Fruits	Assorted Fruits						
Milk	Nonfat or 1% White Milk												

V - indicates vegetarian

VE - indicates vegan

**Green Color Font** - indicates locally sources produce

\*Subject to change based on availability

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# School within School Menu\*

## SWS @ Goding

For the weeks of:

**Week 2**

April 26th - May 2nd

May 10th - May 16th

May 24th - May 30th

June 7th - June 13th

June 21st - June 27th

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
Breakfast	Whole Grain Blueberry Muffin/ <i>Fresh Apple Slices</i>	Assorted Cereal/Whole Grain Graham Crackers/ Mandarin Oranges	Fruit & Yogurt Parfait w/ Granola/ Pineapple Tidbits	Whole Grain Apple Muffin/Banana/ 100% Orange Juice	Whole Grain Plain Bagel w/ Cream Cheese/ Mixed Fruit Cup	Assorted Cereals w/ Whole Grain Graham Crackers /Assorted Fruits	Assorted Muffins/ Assorted Fruits
	Milk	Nonfat or 1% White Milk					
LUNCH							
Speciality Entrée	Turkey & Cheese Sandwich	Tuna Salad Sandwich	Chef Salad Wrap	Chilly Philly Sub Sandwich	Chicken Caesar Wrap	American Sub Sandwich	Italian Sandwich
Vegetarian Entrée	Hearty Garden Salad w/ Tortilla Chips V	Asian Hummus Wrap VE	Sunbutter & Jelly Sandwich VE	Egg Salad Sandwich V w/Tortilla Chips	Greek Salad w/ Tortilla Chips V	Garden Wrap V	Veggie Lo Mein VE
Available Vegetable	Baby Carrots w/ Dip	Broccoli Florets w/ Dip	Celery Sticks w/ Dip	Cucumber Coins w/ Dip	Garden Side Salad w/ Dressing	Assorted Vegetables w/ Dip	Assorted Vegetables w/ Dip
Available Fruit	Diced Peaches	Mixed Fruit Cup	Fresh Orange	Diced Pears	<i>Apple Slices</i> Banana	Assorted Fruits	Assorted Fruits
Milk	Nonfat or 1% White Milk						

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